



**Do you want to quit
smoking?**

YOU CAN DO IT!

The Peterborough County-City Health Unit is offering a free Quit Smoking Group to help you:

- explore with other smokers new strategies to help you cope without tobacco;
- develop a quit plan;
- learn about nicotine replacement therapy and if it's right for you;
- know that you are not alone; and
- kick the habit and live smoke-free!

For more information about the Quit Smoking Group and other tobacco counselling services offered by the Health Unit, please visit www.pcchu.ca and click on **Choose to be...Smoke Free.**

FREE Quit Smoking Program

**October 18 to
November 22**
Six free sessions every
Monday evening from
6:30 to 8:00 p.m.

held at
**Peterborough
Public Library**

Register by calling
(705) 743-1000, ext. 330

Registration is limited
to 15 participants,
so sign up early!

**Peterborough County-City
HEALTH UNIT**
...because health matters!